

# COBBLESTONE COURT RECOVERY & WELLNESS GROUPS (effective 2/25/20)

	Monday	Tuesday	Wednesday	Thursday	Friday	
8:00						
8:30						
9:00					<b>Food Bank Fridays</b> (Off site, Krystal) 9:00 – 10:00AM	
9:30						
10:00		<b>Anger Management</b> (Coral Room, Francisco) 10:00 – 11:00AM		<b>Sober Fun</b> (Off site, Viviana) 10:00AM – 12:30PM		
10:30					<b>Typing Skills</b> (Employment Center, Mitzi) 10:30AM-12:00PM	
11:00	<b>SMART Recovery</b> (Sage Room, Justin) 11:00AM – 12:00PM		<b>Self Esteem</b> (Sage Room, Nancy) 11:00AM – 12:00PM			<b>Building Communication</b> (Sage Room, Yvonne) 11:00AM – 12:00PM
11:30						
12:00	<b>Living in the Solution</b> (Sage Room, Sarah) 12:00 – 1:00PM	<b>Cobblestone Chefs Cooking Group</b> (Sage Room, Krystal) 11:30AM – 1:00PM	<b>Road to Recovery</b> (Sage Room, Sarah) 12:00 – 1:00PM		<b>Bouncing Back!</b> (Sage Room, Pauline) 12:00 – 1:00PM	
12:30						
1:00	<b>Dealing with Emotions</b> (Sage Room, Spencer) 1:00 – 2:00PM		<b>Recovery Unlimited</b> (Sage Room, Nancy) 1:00 – 2:00PM	<b>Substance Abuse Education</b> (Sage Room, Justin) 1:00 – 2:00PM *Starting 3/19/20	<b>Recovery Games</b> (Turquoise Room, Yvonne) 1:00 – 2:00PM	<b>Basic Computer Skills</b> (Employment Center, Mitzi) 1:00 – 2:00PM
1:30						
2:00		<b>Express Yourself – Arts &amp; Crafts</b> (Sage Room, Pauline) 2:00 – 3:30PM				
2:30						
3:00						
3:30		<b>Healthy Relationships</b> (Silver Room, Spencer) 3:30-4:30PM				
4:00			<b>Anger Management</b> (Coral Room, Justin) 4:00-5:00PM			
4:30						
5:00						



**CODAC at Cobblestone Court**  
1075 E. Ft. Lowell Road | Tucson, AZ 85719  
Phone: (520) 327-4505

## GROUP DESCRIPTIONS

**ANGER MANAGEMENT:** Learn what makes you angry and how to deal with frustration, irritation and anger before it builds up.

**BASIC COMPUTER SKILLS:** This is intended for adult member users who have little or no understanding of, or experience in using a computer and would like the opportunity to learn with others in a supportive and encouraging environment.

**BUILDING COMMUNICATION:** Learn the essentials for communicating with other human beings and building healthy relationships.

**COBBLESTONE CHEFS:** Learn creative ways to cook healthy meals using ingredients from the Food Bank and on a budget. The group covers basic kitchen safety, sanitary and cooking practices as well.

**DEALING WITH EMOTIONS:** Learn skills to tolerate life's ups and downs, participate in the community and function independently.

**EXPRESS YOURSELF – ARTS & CRAFTS:** Learn how to use crafts such as beading & crocheting as a coping skill.

**BOUNCING BACK:** Learn thinking skills to adapt to new situations, and how to improvise and shift strategies to meet different types of challenges.

**FOOD BANK FRIDAYS:** Learn the essentials for utilizing the Community Food Bank. Group leaves at 10am on the last Friday of every month, to Marana.  
\*Transportation will only be to and from site.

**HEALTHY RELATIONSHIPS:** In this group, members explore the relationships in their life, including the relationships they have with themselves. We discuss the impact that our families of origin have had on our lives and on our current relationships. We also discuss codependency, sex and love addictions, and how to set healthy boundaries. **\*This group does not meet requirements for DCS case plans.**

**LIVING IN THE SOLUTION:** A positive interactive group to overcome anxiety and depression. Step outside of the ordinary and into the solution.

**RECOVERY GAMES:** A fun and interactive group that focuses on having fun in recovery while conversing in a healthy way.

**RECOVERY UNLIMITED:** Learn about recovery through a variety of engaging techniques including worksheets, art, games, feedback & visualization.

**ROAD TO RECOVERY:** Learn new ways of handling challenges involved with long-term sobriety, including alternative behaviors to prevent relapse.

**SELF-ESTEEM:** Change self-defeating thoughts and overcome self-doubt. Use affirming thoughts, enlarge possibilities, & have a positive self-image.

**S.M.A.R.T. RECOVERY:** Learn to live independent of addictive behaviors, coping with urges, managing thoughts, and to have a balanced recovery.

**SOBER FUN:** Get out into the community to experience learning how to have fun by going to various places such as bowling, museums, parks and other places. Learn to be spontaneous, be active, and how to socialize with their peers and their communities. Learn how to have fun in sobriety!

**SUBSTANCE ABUSE EDUCATION:** This educational group teaches how drugs and other substances impact the brain and body. Topics include the history of drugs, social and legal influences, short and long term effects of use on the body and brain, withdrawal, drugs interactions, etc.

**TYPING SKILLS:** Learning how to type is not just about speed and accuracy. Do not rush; take your time when typing to avoid mistakes. The speed will pick up as you progress. It is learning a new skill that can help an individual gain success in the work place in this new and modern technology. It also helps to complete your work faster, makes you more productive and it is a skill worth learning.



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Groups with \* in front of the name require a referral. Please see your Recovery Coach. | Updated 2/25/2020